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Shiri Appleby

Shiri Appleby (born December 7, 1978)is an American actress and television director. She is best known for her leading roles as Liz Parker in the WB/UPN science fiction drama series *Roswell* (1999–2002) and Rachel Goldberg in the Lifetime/Hulu drama series *Unreal* (2015–2018). Her major film credits include *A Time for Dancing* (2000), *Swimfan* (2002), *Havoc* (2005), *Charlie Wilson's War* (2007), and *The Devil's Candy* (2015).

Appleby starred as intern Daria Wade in the final season of the NBC medical drama series *ER* (2008–2009). She later portrayed Cate Cassidy in The CW drama series *Life Unexpected* (2010–2011) and Lucy Lambert in the web comedy series *Dating Rules from My Future Self* (2012). Appleby also had recurring roles on the NBC drama series *Chicago Fire* (2012–2013) and the HBO comedy-drama series *Girls* (2013–2014).

Shiri Appleby

Appleby in New York City, 2016

Occupations	Actress · director
Years active	1985–present
Spouse	Jon Shook (m. 2013)
Children	2

Early life

Appleby's Israeli-born mother is of Moroccan Jewish descent, and her father is Canadian and of Ashkenazi Jewish descent; he is from Los Angeles.[1][2][3] During her youth, her mother worked as a Hebrew school teacher, while her father worked as a tour guide at Universal Studios Hollywood.[4] She grew up in what she says was a "middle-class" household in Calabasas, California and kept kosher in her home.[3] She attended Hebrew school and had a *bat mitzvah*.[1]

Shiri Appleby graduated from Calabasas High School in Calabasas in1997.[2] She attended University of Southern California from 1998 to 1999, where she studied English.[5] After two years she got the starring role in *Roswell* and was working steadily, but while shooting *Life Unexpected* in 2010, Appleby started to work towards a psychology degree from the online University of Phoenix. It took her 14 months, while also working, to complete the degree in 2012.[6]

Career

Appleby began her acting career at the age of four, starting with advertisements for various products including Cheerios and M&M's. She began acting and taking acting classes because her parents were concerned that she was so shy and introverted.[4] Her first advertisement was for Raisin Bran, but it was never aired. She made guest appearances on many television programs, most notably *thirtysomething* (1987),[2] *Doogie Howser, M.D.* (1989), *ER* (1994), *Baywatch* (1989), *Xena: Warrior Princess* (1995), *7th Heaven* (1997), *Beverly Hills, 90210* (1990), before landing her break-out role in the series *Roswell* (1999–2002), where she tried out for the roles of Isabel and Maria before landing the leading role of Liz Parker.[7]

Appleby has been featured in a number of music videos, including Bon Jovi's video for "It's My Life" with Will Estes, and the 2004 video for the song "I Don't Want to Be" by Gavin DeGraw, opposite Scott Mechlowicz. She appeared in Sense Field's music video for "Save Yourself," which is part of the *Roswell* soundtrack and featured in the first season DVD box set.[8] In 2006, she had a recurring role on the short-lived ABC drama *Six Degrees* as Anya, a young assistant in a relationship with a much older photographer. Later in the same year, she played Hildy Young in the new USA Network series *To Love and Die*, that began airing in late December 2008. She also participated in a short film called *Carjacking* directed by Dan Passman and co-starring Geoff Stults. In 2007, she appeared in the movie *What Love Is* alongside Cuba Gooding Jr., Matthew Lillard, and Anne Heche. Appleby participated in another short film *Love Like Wind* from Shaolin Film Productions. At the end of 2007, she appeared as Charlie Wilson's press secretary in the film *Charlie Wilson's War*, which stars Tom Hanks and Julia Roberts. In 2008, Appleby had a recurring role on the 15th and final season of *ER* (her second time on the show), playing an intern named Daria Wade.

In 2010, Appleby starred in The CW network drama *Life Unexpected* as Cate Cassidy, a radio talk show host whose daughter whom she gave up for adoption becomes a part of her life.[9] The show was canceled after two seasons. In 2012, she starred as the main character of *Dating Rules from My Future Self,* which she also produced.[10]

In 2013, she had a role in the Lena Dunham's *Girls,* an HBO series including a controversial "money shot" scene.[11] She said the role allowed her to break out of a career where she was often typecast as being sweet.[12] Appleby said that she was invited to read for a role when she was on the set of *Girls* because she was interested in directing and shadowed director Jesse Peretz. After a table read with the cast, she was offered a part.[13]

Marti Noxon, Appleby (center) and Sarah Gertrude Shapiro at the 2016 Peabody Awards held at Cipriani Wall Street in Downtown Manhattan, New York

In 2013, she was cast in the leading role in *Unreal*, a Lifetime series about the inner workings of a reality program (a show within a show), which premiered on June 1, 2015. It was produced by former *The Bachelor* producer, Sarah Gertrude Shapiro, a former producer of *The Bachelor*, and writer Marti Noxon.[14] Appleby said that she spent time with a producer to quiz them about the work as part of researching her role as a reality dating show producer.[12] She said that one of the appeals of the show was that the central focus was not about her character being in a romantic relationship.[10] The show received strong reviews and was picked up for four seasons.[15][16][17] In 2016, Appleby directed her first episode of *Unreal*, titled "Casualty". She directed multiple episodes of the series. In July 2018, the series ended.[18] In 2017, Appleby starred in Janicza Bravo's first full-length feature, *Lemon*, which debuted at Sundance Film Festival in Park City, Utah.[19] In 2021, Appleby had a cameo role in the last scene of Season 3 Episode 13 of *Roswell, New Mexico*, having directed an episode in each of the first two seasons of *Roswell*.

Personal life

Appleby gave birth to a girl in March 2013.[20] Appleby and chef and restaurateur Jon Shook,[1] the baby's father, later married.[21] Their second child, a son, was born in December 2015.[22] In Hebrew, the word *shiri* means "my song" or "my poem" and it may simply mean "sing" (second person female imperative). Appleby said her parents said that when she was born, she was like a song in their hearts.[4]

She has a scar above her left eyebrow that she got when a neighbor's dog bit her when she was young. Getting over her fear of dogs, she went on the show *Emergency Vets*, accompanying staff veterinarian Kevin Fitzgerald (she overcame another phobia in the same episode by holding a live snake, one of Fitzgerald's patients).

Films

Year	Title	Role	Notes
1987	*The Killing Time*	Annie Winslow	
1989	*Curse II: The Bite*	Grace Newman	
1990	*I Love You to Death*	Millie	
1993	*Family Prayers*	Nina	
1999	*The Other Sister*	Free sample girl	
1999	*The Thirteenth Floor*	Bridget Manilla	
1999	*Deal of a Lifetime*	Laurie Petler	
2002	*A Time for Dancing*	Samantha "Sam" Russell	
2002	*Swimfan*	Amy Miller	
2003	*The Battle of Shaker Heights*	Sarah	
2003	*The Skin Horse*	Carla	
2004	*Undertow*	Violet	
2005	*When Do We Eat?*	Nikki	
2005	*Havoc*	Amanda	
2006	*I-See-You.Com*	Randi Sommers	
2006	*I'm Reed Fish*	Jill Cavanaugh	
2006	*Carjacking*	Az/Cary	Short film
2007	*The Killing Floor*	Rebecca Fay	
2007	*What Love Is*	Debbie	
2007	*Charlie Wilson's War*	Jailbait	
2007	*Love Like Wind*	The Ghost	Short film
2012	*The Happiest Person in America*	Susan	Short film
2013	*Seven Minutes to Save the World*	Caroline	Short film
2015	*The Devil's Candy*	Astrid Hellman	
2016	*The Meddler*	TV Daughter	
2016	*An Entanglement*	Violet Novak	Short film
2017	*Lemon*	Ruthie	
2023	*Your Place or Mine*	Vanessa	

Television

Year	Title	Role	Notes
1985	*Santa Barbara*	Little Girl	Episode #359
1987	*Blood Vows: The Story of a Mafia Wife*	Unknown	TV movie
1987	*Thirtysomething*	Little Hope	Episode: "The Parents Are Coming"
1988	*Mystery Magical Special*	Shiri	TV special
1988	*Go Toward the Light*	Jessica	TV movie
1988	*The Bronx Zoo*	Nicole	2 episodes
1988	*Freddy's Nightmares – A Nightmare on Elm Street: The Series*	Marsha at 10	Episode: "Freddy's Tricks and Treats"
1988	*Dear John*	Girl	Episode: "Hello/Goodbye"
1989	*Knight & Daye*	Amy Escobar	Main cast
1989	*Who's the Boss?*	Kid #1	Episode: "To Tony, with Love" (season 6)
1990	*Knots Landing*	Mary Frances – age 10	2 episodes
1990	*The New Adam-12*	Debbie Lavender	Episode: "Teach the Children"
1991	*Sunday Dinner*	Rachel	Main cast
1992	*Perfect Family*	Steff	TV movie
1993	*Doogie Howser, M.D.*	Molly Harris	Episode: "Love Makes the World Go 'Round... or Is It Money?"
1993	*Raven*	Jess	Episode: "The Guardians of the Night"
1993	*Against the Grain*	Claire	Episode: "Pilot"
1994	*ER*	Ms. Murphy	Episode: "24 Hours"
1995	*Brotherly Love*	Fairy #1	Episode: "A Midsummer's Nightmare"
1997	*Baywatch*	Jennie	Episode: "Hot Water"
1997	*7th Heaven*	Karen	Episode: "Girls Just Want to Have Fun"
1997	*City Guys*	Cindy	Episode: "Bye Mom"
1998	*Xena: Warrior Princess*	Tara	2 episodes
1999	*Beverly Hills, 90210*	René	Episode: "Local Hero"
1999	*Movie Stars*	Lori	Episode: "Pilot" (scenes deleted)
1999–2002	*Roswell*	Liz Parker	Main cast
2000	*The Amanda Show*	Nerd	2 episodes
2000	*Batman Beyond*	Cynthia (voice)	Episode: "Terry's Friend Dates a Robot"
2004	*Darklight*	Lilith/Elle	TV movie

Year	Title	Role	Notes
2005	*Everything You Want*	Abby Morrison	TV movie, a.k.a. *Love Surreal*
2005	*Pizza My Heart*	Gina Prestolani	TV movie
2006	*Thrill of the Kill*	Kelly Holden	TV movie
2006–2007	*Six Degrees*	Anya	Recurring role
2008	*Welcome to The Captain*	Heather	Episode: "The Wrecking Crew"
2008	*Fear Itself*	Tracy	Episode: "Community"
2008	*To Love and Die*	Hildy Young	TV movie
2009	*Unstable*	Megan Walker	TV movie
2008–2009	*ER*	Dr. Daria Wade	Recurring role
2010–2011	*Life Unexpected*	Cate Cassidy	Main cast
2011	*Royal Pains*	Stella	Episode: "Rash Talk"
2012	*Franklin & Bash*	Emily Adams	2 episodes
2012–2013	*Chicago Fire*	Clarice Carthage	Recurring role
2013	*Kristin's Christmas Past*	Kristin Cartwell	TV movie
2013	*Law & Order: Special Victims Unit*	Amelia Albers	Episode: "Military Justice"
2013–2014	*Girls*	Natalia	Recurring role
2014	*Elementary*	Dalit Zirin	Episode: "The Hound of the Cancer Cells"
2015–2018	*Unreal*	Rachel Goldberg	Main cast
2015	*Code Black*	Carla Niven	Recurring role
2019	*Law & Order: Special Victims Unit*	Kitty Bennett	Episode: "Dearly Beloved"
2019	*Drunk History*	Margaret Howe Lovatt	Episode: "Drugs"
2021–2022	*Roswell, New Mexico*	Dr. Allie Meyers	Recurring role

Web

Year	Title	Role	Notes
2005	*Quarterlife*	Debra	Unknown episodes
2011	*Whole Day Down*	Moon	Episode: "Genesis"
2012	*Dating Rules from My Future Self*	Lucy Lambert	10 episodes, also producer (seasons 1 & 2)

Director

Year	Title	Episode(s)	Notes
2012	*Dating Rules from My Future Self*	"The Last Shrimp"	
2012	*Sketchy*	"Got the Check"	
2016–2018	*Unreal*	4 episodes	
2019–2020	*Roswell, New Mexico*	2 episodes	
2019	*Pretty Little Liars: The Perfectionists*	"Lost and Found"	
2019	*Light as a Feather*	2 episodes	
2020	*Mixed-ish*	Episode: "Doctor! Doctor!"	
2021–2022	*New Amsterdam*	2 episodes	
2021–2024	*Grown-ish*	8 episodes	
2021–2022	*The Wonder Years*	2 episodes	
2021	*Queens*	Episode: "Who You Calling a Bitch?"	
2022	*Black-ish*	Episode: "My Work Friend's Wedding"	
2022–2023	*Young Sheldon*	4 episodes	
2022	*Maggie*	Episode: "A Mysterious Invitation Awaits You"	
2023	*Unprisoned*	2 episodes	
2023	*Minx*	Episode: "A Stately Pleasure Done Decree"	
2026	*The Hawk*	2 episodes	

Accolades

Year	Association	Category	Work	Result
1993	Young Artist Awards	Best Young Actress in a Cable Movie	*Perfect Family*	Nominated
2014	Online Film & Television Association	OFTA Television Award for Best Guest Actress in a Drama Series	*Law & Order: Special Victims Unit*	Nominated
2016	Critics' Choice Television Awards	Critics' Choice Television Award for Best Actress in a Drama Series	*Unreal*	Nominated
2016	Women's Image Network Awards	WIN Award for Outstanding Show Directed By a Woman	*Unreal*	Nominated

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